

# A SIZE FOR EACH OF US



SIZE CHART			
Children's Sizing	Weight	Chest Size	Age
Infant	Less than 30 lbs.	16"-20"	Newborn to 2 years old
Child Small	30-50 lbs.	20"-25"	2 years to 6 years old
Child Medium	50-90 lbs.	25"-29"	6 years to 12 years old
Youth Long	50-90 lbs.	26"-29"	6 years to 12 years old

Maryland Department of Natural Resources Natural Resources Police



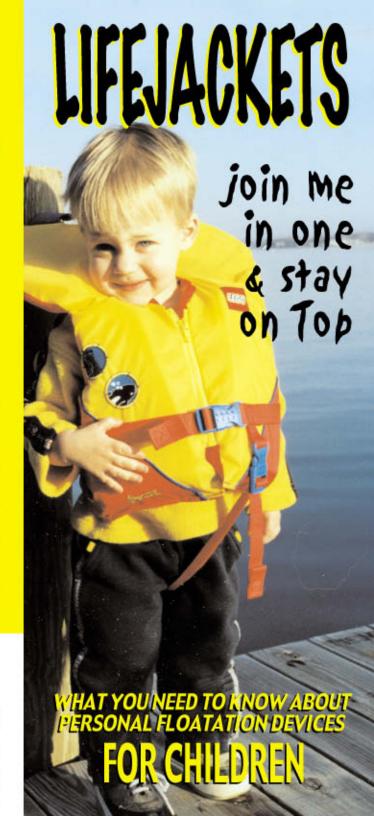
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# WHAT YOU KEED TO KKOW ABOUT LIFE VESTS FOR CHILDREN

## WHAT IS A LIFE VEST?

A life vest or a life jacket is a Coast Guard approved personal flotation device (PFD) that helps you and your child stay afloat in the water.

### MARYLAND LAW REQUIRES:

All children under the age of seven must WEAR a United States Coast Guard approved Personal Flotation Device (life jacket Type I, II, III or V) while underway on a recreational vessel under 21 feet in length on Maryland waters. Recreational vessels include: motorboats, sailboats, canoes, kayaks, rowboats, and any other device capable of being used for transportation on the water, when the vessel is being used for other than commercial purposes. The life jacket must be the proper size for the child and must be in good and serviceable condition. This requirement does not apply when a vessel is moored or anchored; or when a child is below deck or in an enclosed cabin.

# WHY SHOULD YOUR CHILD WEAR A LIFE VEST?

Drowning is often silent, and takes as little as three minutes and usually happens when an adult is nearby. No one can watch a child every second, so here are some guidelines for wearing PFDs. If a child panics in the water and thrashes about, they may turn onto their face, even though a PFD with a collar is designed to keep them on their back with their

face out of the water. Have your child practice wearing a life vest in the water -- this will help prevent panic and rolling over. Never alter a PFD, as it could lose its effectiveness. Adults should wear their own life vest to set an example, and to help their child if an emergency occurs. Never use toys like plastic rings or water wings in place of a PFD.

#### CHILDREN BETWEEN BIRTH AND 12 YEARS:

should wear a lifejacket by pools, beaches, docks and in boats.

#### REMEMBERS

PFDs only work when they are worn, and they don't take the place of supervision.

# When Buying a Life Vest.

Check for:

- Coast Guard approved label
- · A snug fit

Check weight and size on the label and try the PFD on your child. Pick up your child by the shoulders of the PFD; the child's chin and ears won't slip through a proper fit.

- Head support and strap for younger children. A well designed PFD will support the child's head when the child is in the water and a strap between the legs for younger children will help prevent the vest from coming off.
- Comfort and appearance. This is especially important for teens, who are less likely to wear a PFD.

#### SELECTING THE RIGHT LIFE VEST:

The different types of life saving devices best for children are types I, II, III, and IV. See the following panel for descriptions of the most commonly used life saving devices.



Type I - Best for open, rough or remote water, where rescue may be slow coming.

Type I

Type II - good for calm, inland water where there is a good chance of fast rescue. Smaller sizes often have high collars to help keep a child's face out of the water.



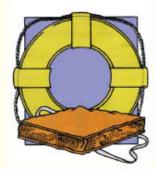
Type II



Type III

Type III - provides similar floation to Type II and offers the most comfort and freedom of movement. It comes in a variety of styles and sizes, from small child through adult. Best used in calm water where there's a chance of fast rescue.

Type IV is a boat cushion or rescue ring. It does not replace a wearable PFD and should not be used by children.



Type IV